

Gyan Yoga Retreat

May 31 - Jun 06, 2024

Āyurveda & Yoga Retreat

*Discover Holistic Wellness at Madhuban
- a picturesque ashram in the serenity of
Kumaon Hills (The Himalayas)*





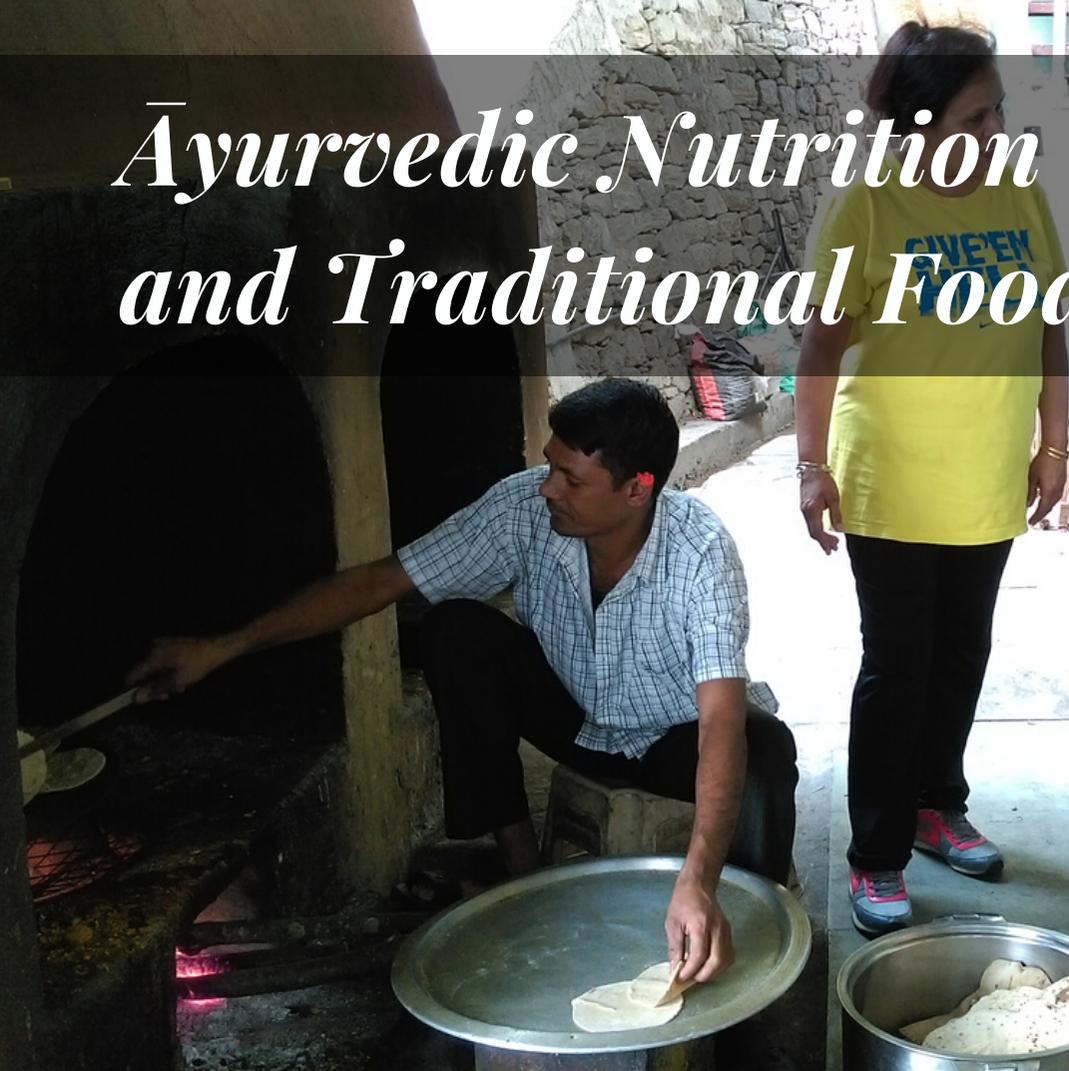
Prabhāt Pheri/ Morning Chantings



Yoga Sessions



*Ayurvedic Nutrition
and Traditional Food*



*Interactive
sessions on
work-life
balance,
holistic health,
harmony &
happiness*



2 Āyurvedic Eye Therapies

(1 Akshi Seka + 1 Pindi)

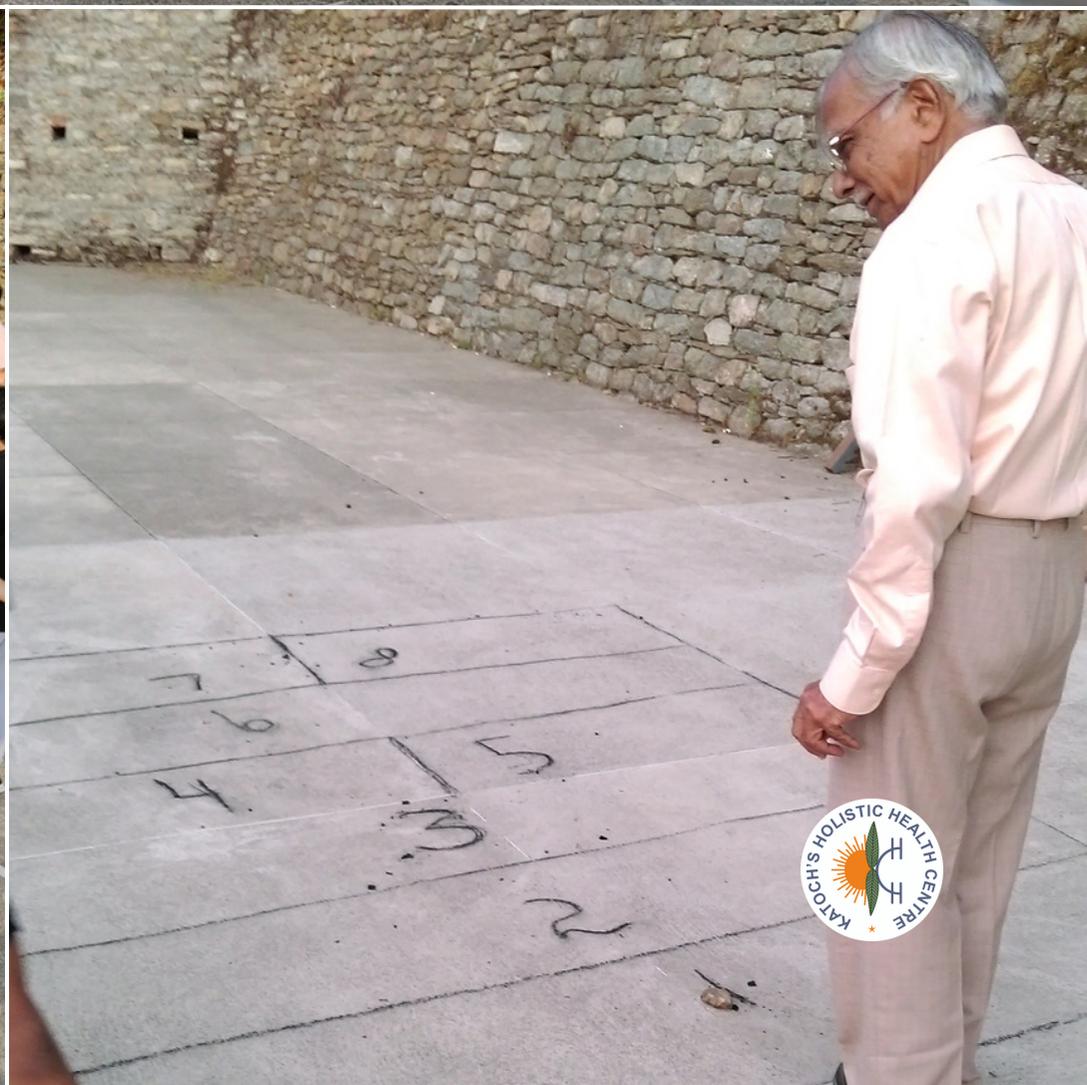


2 Sessions of Panchakarma
(Customized for your concerns/wellness)





Indian Traditional Games





Evening Meditation





*A trek up-the-hill into
lush orchards & gaushālā...*



*...and a walk down-the-hill
onto the riverside*





Cultural Evening





*Homa/Havana to purify the
body-mind-environment...*



...and a beautiful place to stay!



Programme Fee:
INR 15,000/- (per person)

Language:
Hindi and English

Facilitators:
Dr. Surinder Katoch & Dr. Dinesh Chand Katoch

Co-ordinator:
Dr. Mukta Katoch Arora & Oindrila



REGISTER
HERE!

For further queries or bookings reach out to us at +91-97111 12609, +91-98117 74751 or khhcayurveda@gmail.com

****Limited Seats! If you're interested, book immediately to avoid disappointment.***

